



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Full Report (All Nutrients) 01070, Dessert topping, powdered

Report Date: July 05, 2017 03:25 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.29

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.5 oz 43g	1 portion, amount to make 1 tbsp 1.3g
<strong>Proximates</strong>						
Water	g	1.47	3	0.914	0.63	0.02
Energy	kcal	577	--	--	248	8
Energy	kJ	2415	--	--	1038	31
Protein	g	4.90	3	0.314	2.11	0.06
Total lipid (fat)	g	39.92	9	1.073	17.17	0.52
Ash	g	1.17	3	0.384	0.50	0.02
Carbohydrate, by difference	g	52.54	--	--	22.59	0.68
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	52.54	--	--	22.59	0.68
<strong>Minerals</strong>						
Calcium, Ca	mg	17	3	2.633	7	0
Iron, Fe	mg	0.03	--	--	0.01	0.00
Magnesium, Mg	mg	7	--	--	3	0
Phosphorus, P	mg	74	3	34.968	32	1
Potassium, K	mg	166	2	--	71	2
Sodium, Na	mg	122	4	33.506	52	2
Zinc, Zn	mg	0.08	--	--	0.03	0.00
Copper, Cu	mg	0.118	--	--	0.051	0.002
Manganese, Mn	mg	0.225	--	--	0.097	0.003
Selenium, Se	µg	0.6	--	--	0.3	0.0
<strong>Vitamins</strong>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.5 oz 43g	1 portion, amount to make	
						1 tbsp 1.3g	1.3g
Thiamin	mg	0.000	--	--	0.000	0.000	0.000
Riboflavin	mg	0.000	2	--	0.000	0.000	0.000
Niacin	mg	0.000	--	--	0.000	0.000	0.000
Pantothenic acid	mg	0.000	--	--	0.000	0.000	0.000
Vitamin B-6	mg	0.000	--	--	0.000	0.000	0.000
Folate, total	μg	0	--	--	0	0	0
Folic acid	μg	0	--	--	0	0	0
Folate, food	μg	0	--	--	0	0	0
Folate, DFE	μg	0	--	--	0	0	0
Choline, total	mg	0.1	--	--	0.0	0.0	0.0
Vitamin B-12	μg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	μg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	μg	0	--	--	0	0	0
Retinol	μg	0	--	--	0	0	0
Carotene, beta	μg	0	--	--	0	0	0
Carotene, alpha	μg	0	--	--	0	0	0
Cryptoxanthin, beta	μg	0	--	--	0	0	0
Vitamin A, IU	IU	0	--	--	0	0	0
Lycopene	μg	0	--	--	0	0	0
Lutein + zeaxanthin	μg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.52	--	--	0.65	0.02	
Vitamin E, added	mg	0.00	--	--	0.00	0.00	
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0	
Vitamin D3 (cholecalciferol)	μg	0.0	--	--	0.0	0.0	
Vitamin D	IU	0	--	--	0	0	
Vitamin K (phylloquinone)	μg	9.9	--	--	4.3	0.1	
<b>Lipids</b>							
Fatty acids, total saturated	g	36.723	--	--	15.791	0.477	
4:0	g	0.000	--	--	0.000	0.000	
6:0	g	0.000	--	--	0.000	0.000	
8:0	g	0.669	3	0.454	0.288	0.009	
10:0	g	0.964	3	0.341	0.415	0.013	
12:0	g	14.507	3	1.050	6.238	0.189	

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1.5 oz 43g	1 portion, amount to make	
						1 tbsp 1.3g	1 tbsp 1.3g
14:0	g	5.746	3	0.296		2.471	0.075
16:0	g	5.429	3	0.268		2.334	0.071
18:0	g	9.408	3	0.538		4.045	0.122
Fatty acids, total monounsaturated	g	0.600	--	--		0.258	0.008
16:1 undifferentiated	g	0.000	--	--		0.000	0.000
18:1 undifferentiated	g	0.600	3	0.351		0.258	0.008
20:1	g	0.000	--	--		0.000	0.000
22:1 undifferentiated	g	0.000	--	--		0.000	0.000
Fatty acids, total polyunsaturated	g	0.447	--	--		0.192	0.006
18:2 undifferentiated	g	0.447	3	0.105		0.192	0.006
18:3 undifferentiated	g	0.000	--	--		0.000	0.000
18:4	g	0.000	--	--		0.000	0.000
20:4 undifferentiated	g	0.000	--	--		0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--		0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--		0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--		0.000	0.000
Cholesterol	mg	0	--	--		0	0
Phytosterols	mg	36	--	--		15	0
<b>Amino Acids</b>							
Tryptophan	g	0.068	--	--		0.029	0.001
Threonine	g	0.207	--	--		0.089	0.003
Isoleucine	g	0.301	--	--		0.129	0.004
Leucine	g	0.484	--	--		0.208	0.006
Lysine	g	0.394	--	--		0.169	0.005
Methionine	g	0.149	--	--		0.064	0.002
Cystine	g	0.021	--	--		0.009	0.000
Phenylalanine	g	0.263	--	--		0.113	0.003
Tyrosine	g	0.280	--	--		0.120	0.004
Valine	g	0.351	--	--		0.151	0.005
Arginine	g	0.194	--	--		0.083	0.003
Histidine	g	0.145	--	--		0.062	0.002
Alanine	g	0.153	--	--		0.066	0.002
Aspartic acid	g	0.347	--	--		0.149	0.005

Nutrient	Unit	1	Data points	Std. Error	1.5 oz 43g	1 portion, amount to make	
		Value Per100 g				1.3g	1.3g
Glutamic acid	g	1.113	--	--	0.479		0.014
Glycine	g	0.098	--	--	0.042		0.001
Proline	g	0.552	--	--	0.237		0.007
Serine	g	0.301	--	--	0.129		0.004
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0		0.0
Caffeine	mg	0	--	--	0		0
Theobromine	mg	0	--	--	0		0